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VANCOUVER • TUESDAY, MARCH 17, 2009

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Calgary fans, protesters to welcome Bush

WAR CRIMES When George W. Bush arrives in Calgary today to talk to 1,500 members of the city's business elite in his first paid speech since leaving office, he'll face a friendly crowd of admirers inside while protesters hurl abuse at him outside.

What the 43rd U.S. president won't have to face during his short visit here is an indictment for war crimes.

"There's no possibility right now to serve him with any papers," said Gail Davidson, a Vancouver lawyer with the international group Lawyers Against the War. "We will next time or the time after that."

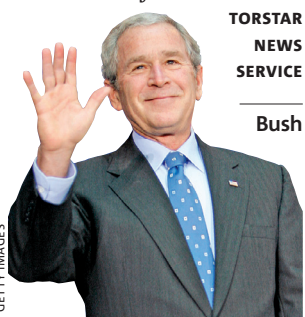
For years, activist groups have tried to have Bush charged with war crimes over alleged violations of the human rights of detainees at Guantanamo Bay in Cuba, as well as the abuse of prisoners at the Abu Ghraib prison in Iraq.

Michael Byers, a University of B.C. expert on global politics and international law, said Calgary is a safe place for Bush.

"I can't imagine Stephen Harper signing off on an arrest warrant for any American president, especially one he shared many views with," said Byers.

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Please recycle

Hospital theft **Aboriginal mask**



Norman Ryall, 52, shows Vancouver police Const. Tracey Prentice a photo of the aboriginal mask stolen from his residential hospital room. The quadriplegic man saved for years to buy the mask and says he is devastated by the theft. Story, pg 3

Teachers leave forum

Meetings with government, parents 'not working': Union

JEFF HODSON
jeff.hodson@metronews.ca

B.C. teachers dropped out of the province's learning roundtable yesterday claiming the multi-stakeholder meetings failed to deliver resources to classrooms.

The learning roundtable was created in 2005 to bring teachers, parents, administrators and government together to discuss concerns like class size and composition as well as the number of educational assistants in the classroom.

"It's just not working," said Irene Lanzinger, president of the B.C. Teachers'

Federation concerns

- The teachers' union, which spent about \$1 million ahead of the 2005 election, will be restricted to \$150,000 this year because of the recently passed Elections Amendment Act.
- As a result, the BCTF plans to "get creative" to get its elec-

Federation (BCTF) yesterday, after her organization voted at its annual meeting to withdraw.

"After three and a half years of beating your head against the wall you have to say, 'Look, we're not going anymore.'"

Education Minister Shirley Bond said she was disap-

pointed with the decision, but said the meetings would continue without them.

"I don't think anyone is suggesting that we've solved all the problems," Bond said. "But I think it is inaccurate to say we have not made any progress."

As an example, Bond said the number of educational

assistants in classrooms have increased 28 per cent since 2005.

B.C. has its largest education budget in its history, Bond said, despite a declining enrolment of about 53,000 students since 2001.

According to Lanzinger, B.C. has 11,000 classes with more than four special needs students and 3,300 classes with more than 30 students.

Bond, however, said there are no "arbitrary" caps on the number of special needs students in a classroom and any classroom with more than 30 students must have a reason. The vast majority, she said, are band, drama and leadership classes.

UBC researcher shortlisted for astronaut spot

SPACE A University of British Columbia marine mammal researcher is the only woman shortlisted to be one of Canada's next two astronauts.

Allyson Hindle is one of 16 people chosen from a field of more than 5,300 online applicants in only the third recruitment campaign by the Canadian Space Agency.

Other applicants include a former Olympic kayaker, two medical doctors, scientists and military pilots.

They were selected after a series of interviews, physical and skill tests — some performed in extreme conditions — and intensive medical exams.

Hindle is currently working with the Vancouver Aquarium to explain the reason for the magnitude of the population decline of wild Steller sea lions.

The two astronauts will be chosen in May 2009.

METRO VANCOUVER



Hindle with Steller sea lion Sitka at the Vancouver Aquarium.

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Entertainment

• How musicians and labels are experiencing a musical meltdown, pg 13

Tomorrow

• Economy's impact on music venues and touring artists.



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C104 - 20159 88th Ave.
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Racket sports stars to compete in Richmond

Canada's top-ranked table-tennis player Pradeeban Peter-Paul and top-ranked badminton player Andrew Dabeka will take on the world's best during Racket Rally, April 3-5 at the Richmond Oval. **METRO VANCOUVER**

Local



Eating more fish unwise: Expert

National dietary guidelines to eat more fish are unwise, according to the acting director of the Fisheries Centre at the University of British Columbia, CBC News Online is reporting. Ussif Rashid Sumaila said fish stocks are declining and the guidelines could mean more demand for fish that are becoming less available in the ocean. **METRO NEWS SERVICES**

Enjoying the best of B.C.

Wine festival focusing on provincial Pinots for its 31st annual event

ANYA LEVYKH
for Metro Vancouver



Just like a good bottle of Pinot, the Vancouver Playhouse Theatre Company's annual wine festival has improved with age.

More than 30 years ago, the event consisted of a small wine-tasting fundraiser. Only one winery was involved and it wasn't even local (Robert Mondavi of California).

On Monday, 25,000 people are expected to take part in more than 60 events spread out over seven days during the 31st annual Vancouver Playhouse International Wine Festival.

Event information

- For more information on events and tastings, visit playhousewinefest.com.

val. More than 180 wineries from around the world are participating.

B.C. has been chosen as the theme region and Pinot as the theme varietal, including Noir, Meunier, Gris and Blanc.

The focus is as much on wine's relationship with food as it is on the grapes themselves.

"Pinot is a particularly food-friendly wine," said festival director Harry

Hertscheg, who added this is especially relevant in a "culinary capital" like Vancouver.

"That is the tradition of wine, to have it with food," Hertscheg said.

To get a true feel for the relationship between B.C. food and wine, Hertscheg recommends attending the Get Uncorked launch at Earl's (905 Hornby St.) on Monday. Admission is \$65.

The Our Land, Our Best annual wine and food celebration at the Pan Pacific Vancouver Hotel on March 28 offers for \$89 an all-you-can-eat-and-drink pass to more than 80 B.C. wines and local tastes.



Harry Hertscheg, seen here at home, directs the Vancouver Playhouse International Wine Festival.

Police charge acupuncturist

ARREST A 65-year-old acupuncturist is in jail after allegations of inappropriately touching a 28-year-old female patient, police said yesterday. Rang Pham has been practising in East Vancouver since the early 1990s. **METRO NEWS SERVICES**

News in brief

PIPELINE The final report into the pipeline rupture that caused a Burnaby Street to be covered in oil in 2007 is expected to be released tomorrow morning by Canada's Transportation Safety Board.

RULING A judge yesterday ruled that former B.C. finance minister Carole Taylor will have to testify at a civil trial related to Canada Line construction. A former Cambie Street business owner is suing the government for financial losses suffered during construction. **METRO NEWS SERVICES**

Mask stolen from hospitalized man

DOMINIQUE ARMAND
for Metro Vancouver



ROBBERY A valuable aboriginal mask has been stolen from the hospital room of a sleeping quadriplegic man.

Norman Ryall, 52, who has lived at the George Pearson Centre for 30 years, said he was robbed on the night of Feb. 28.

"I feel terrible, somewhat sad and only hope it will come back to me," Ryall said yesterday. "It's like a piece of me is missing."

Ryall became a para-

plegic at age two and has been an avid aboriginal art collector for most of his life. He said it took him years to save enough money to buy the one-of-a-kind mask valued at as much as \$15,000.

"I'm not sure who took it, but I'm just asking to have it back because it represents a big sentimental value for me."

Vancouver police Const. Jana McGuinness said the

loss has been devastating to Ryall.

"(Police) are working hard to locate the mask but we need the help of local art dealers, collectors and the public to return it to its rightful owner," McGuinness said.

Const. Tracey Prentice said police received a tip that someone was trying to sell the mask on a Downtown Eastside street for \$1,600.



Public prefers to close centre over more taxes

CONSULTATION Three quarters of people who attended a community consultation presentation in early March said they support closing an East Vancouver community centre for 18 months to avoid a possible tax hike.

A staff report that comes before Vancouver's park board on Monday recommends closing the Trout Lake Community Centre for a year and a half while its replacement is built, following the 2010 Games. If approved, the move

would save \$1.6 million in excavation costs. Efforts would be made to re-locate priority programs to neighbouring community centres, the report said.

"(People) are worried about their taxes, their tax rates," said COPE Park Comm. Loretta Woodcock, who said she was surprised by the results of the public consultation.

"They're willing to go with the inconvenience to save some money. It's quite a social statement."

JEFF HODSON/METRO VANCOUVER

metronews.ca

What's online today.

Read Mourners crowd a small town church for the first funeral held for Newfoundland chopper-crash victims at metronews.ca/canada
Watch Hollywood Rants brings news of the MacGyver movie we were all waiting for and Kenya Hunt spots "reality-based" fashion in Paris.



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ESL Programs

Thursday, March 26, 7 p.m. – room 5025

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Tuesday, March 31, 4:30 p.m. – room 201

Hair Design

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4 local

Bon voyage, Carnival
Carnival Cruise Lines is moving its Alaska operation to Seattle in 2010. **METRO VANCOUVER**

Seattle daily prints final edition today

NEWSPAPERS After a 146-year run the Seattle Post-Intelligencer is publishing its last daily edition this morning, the newspaper's owners announced yesterday.

Its website will be maintained, making the P-I, which has 117,600 subscribers, the largest American newspaper to end its print edition and keep an online presence only.

The closure leaves the

Seattle metropolitan area — the 15th largest in the United States — with one local daily newspaper, The Seattle Times.

In 2008, the P-I, Seattle's oldest business, lost \$14 million US. Its owner, Hearst Corp., put up the paper for sale on Jan. 9 and announced it would shut down within 60 days if no buyer were found. None came forward.

METRO VANCOUVER

Games parking rules will lead to losses: Merchants

DOMINIQUE ARMAND
for Metro Vancouver



VANCOUVER

2010 Games

Some Cambie Street merchants are claiming that parking restrictions announced in the Olympic transportation plan released last week will hurt their bottom line.

Angela Reis, owner of Kamakis Greek Taverna, said her restaurant already suffered heavy financial losses during Canada Line construction.

"All we are asking is for the government to take accountability and some compensation, such as low-interest loans," Reis said, adding that her

restaurant's earnings dropped to \$400 per day during construction from \$700.

"The fact is, with the new plan it's going to be very difficult for me to receive my supplies and even park my vehicle."

Vancouver-Fairview NDP MLA Jenn McGinn said she supports compensating the merchants, noting: "They have been dealt a double blow by the ... government."

Reis said she's four months late paying her rent, and is worried she will have to lay off her cook.



Angela Reis

News in brief

BAR BRAWL The 62-year-old man punched at the Fountain Head Pub on Davie Street remains in critical condition, police said yesterday. Vancouver resident Shawn Woodward, 35, has been charged with aggravated assault.

SHOOTING The second woman killed over the weekend has been identified by the RCMP.

Kimberly Lynn Hallgarth, 33, was found dead in a Burnaby home late on Sunday night.

GANGS Two men described by police as "high-level gangsters" have been denied bail, news1130.com reports. Udham Sanghera, 58, and Gordon Robert Taylor, 42, will remain in jail facing weapons charges.

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Oilsands fish not mutated after all

A fish that made a stir last year with an apparent mutation that critics of Alberta's oilsands industry blamed on pollution was not mutated at all, a scientist said yesterday. The goldeye had a stiffened tongue, not two jaws. **REUTERS**

5

Canada/World

Tories loosen green rules for stimulus spending

Canada's federal government has given itself the power to decide whether infrastructure projects aimed at stimulating the economy are subject to environmental assessment, a top minister said yesterday.

The move is aimed at streamlining approvals for \$12 billion of public spending being planned to kick-start the country's flagging economy, Environment Minister Jim Prentice said.

Word of the government's policy, which also involves delegating some assessment decisions to

the provinces, had already angered environmental groups. It comes into force immediately.

Prentice said decisions on which projects avoid vetting by the Canadian Environmental Assessment Agency will not be based on size or value.

"It's more a question of, based on the considerable experience we now have in close to 10 years of applying CEAA legislation, whether there are classes or categories of projects which do not ... have adverse environmental consequences," Prentice said.

"The bosses in Ottawa can't get it right all on their own."

Stephen Hazell, Sierra Club Canada

The federal cabinet will make those calls, he said.

Stephen Hazell, executive director of the environmental group Sierra Club Canada, said he did not necessarily disagree that some projects with little likely impact could be fast-tracked, but he criti-

cized the lack of consultation invoking the rule.

"The bosses in Ottawa can't get it right all on their own, and this is what's most disturbing to me," Hazell said.

"It seems like Minister Prentice doesn't really have much regard for the various consultative mechanisms that have worked very, very well under Liberal and Conservative administrations."

The provincial premiers have all called for approvals to be streamlined so money could start flowing, Prentice said. **REUTERS**

Toronto Tamil protest



Tamil demonstrator Surendran Mahendran protests against the political turmoil in Sri Lanka yesterday on a downtown street in Toronto. The protest was expected to draw tens of thousands of people. The Ontario capital is home to roughly 250,000 Tamils, the largest population outside of Sri Lanka.

News in brief

EX-GUERRILLAS El Salvador president-elect Mauricio Funes said he wants strong relations with Washington after his party of ex-Marxist guerrillas ousted their right-wing civil war foes in a tight election victory.

GERMANY Prosecutors may charge the father of a German teenager who went on a killing rampage at his former school last week with involuntary manslaughter for leaving the murder weapon unlocked in his bedroom, despite being aware that his son was depressed.

REUTERS

News in brief

DISCIPLINE A Halifax bus driver has been relieved of his duties pending an investigation after leaving his bus Saturday afternoon to club a fake baby seal in front of stunned protesters.

CHOPPER CRASH A ship on a recovery mission into the helicopter crash off the coast of Newfoundland returned to a St. John's port early this morning with the bodies of the final seven victims, the RCMP said. Seventeen people perished in the chopper when it crashed last Thursday. A lone survivor, Robert Decker, 30, remains in hospital.

DINOSAUR Researchers said yesterday they have discovered North America's smallest known dinosaur, a pint-sized predator half the size of a house cat, which roamed in what is now Alberta 75 million years ago. **METRO NEWS SERVICES**

Austrian man admits incest

An Austrian man who fathered seven children with a daughter he held in a cellar for 24 years pleaded guilty to incest yesterday, but denied murdering their newborn son and enslaving her.

Wearing a mismatched grey suit, Josef Fritzl, 73, entered court in St. Poelten, near Vienna, flanked by six policemen and concealing his face behind a blue loose-leaf binder.

He later lowered the folder and with his back to the gallery spoke softly,

sometimes mumbling, in response to questions about personal details and his plea. Fritzl looked straight ahead or at his lawyer, not at the jury or prosecutor.

Prosecutors accused Fritzl of raping his daughter in front of captive children. They said Fritzl, who faces life in prison if convicted, was responsible for the death of a twin who died shortly after being born in the cellar in 1996.

They said this was murder by neglect because Frit-

zl failed to seek help for the baby, whose body he burnt in a furnace.

Prompted by the judge several times, Fritzl pleaded "partially" guilty to rape and said he was guilty of depriving the children who were kept underground of their liberty.

Austrian law differentiates between the severity of rapes and levels of coercion, and takes into account the degree of violence used and the consequences for the victim.

REUTERS

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Comment

Tories helping media shift

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

It's CBC bashing time again. The government, while doling out cash to every interest group imaginable, is cutting back on funding for the public broadcaster. Our media, which is largely conservative, is bashing the CBC for being biased, while ignoring their own bias. Online posters are berating the public network for being either too low-brow or too highbrow or too Toronto. Many would like to see it killed off.

Meanwhile, the other networks, the private ones, aren't doing too well either. CanWest Global, from which a lot of the criticism of the CBC emanates, is

staggering under a mammoth debt load. It will be lucky to survive. CTV has been posting huge losses.

In these woeful media times we have three wobbly networks. Critics can find myriad faults at each. They can find political bias, they can find pitiful programming, they can find no shortage of dumb management decisions.

But being the public enterprise, the CBC gets the wrath and what is dismaying, as one online poster put it, is that so many "would advocate the demise of the CBC and see Canada become a third-rate American satellite when it comes to entertainment, culture and identity."

The private commercial networks, by definition, cater to base tastes. They'll put out whatever schlock attracts audiences and advertisers. Public broadcasters, which, in most countries, get far more government dollars than the CBC, are needed for obvious reasons — a counterweight to dumbing down being one of them.

Much criticism of the CBC is justified, including its importation of American programming. But a political agenda figures behind many of the attacks as well.

The right, notwithstanding the drubbing its ideology has taken in recent times, has gained the upper hand in the Canadian

media. The two large newspaper chains, CanWest and the Sun chain, are conservative. One national newspaper, The Globe and Mail, is centrist, while the other, The National Post, is conservative. The national magazine, Maclean's, is run by a conservative. CTV and Global are hardly liberal. AM radio tends to be dominated by right-wing talk jocks.

The Canadian political culture is of the moderate centre, traditionally a bit centre-left. But the media culture has moved to the right of the political culture. Conservatives want to move it further in that direction. To diminish the weight of the CBC and gain even more media influence is in their interests. Whether it is in the interests of the country is another story.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

RIGHT
TURN
ONLY



Quote of the Day

"How do they justify this outrage to the taxpayers who are keeping the company afloat? ... (we will) pursue every legal avenue to block these bonuses."

— U.S. President Barack Obama, who instructed Treasury Secretary Timothy Geithner to block the \$165 million US in bonuses insurance giant American International Group granted its executives with bailout money.

REUTERS

Views

Business writing lacks vital nutrients

InBusiness

Charles
Davies

Warren Buffett may not be God, but he's about the closest thing we have to an economic Moses, and if he starts throwing tablets around, people pay attention.

So when he happened to mention in a recent interview that the economy had "fallen off a cliff" all hell broke loose in the stock market. That his remarks coincided with a World Bank report predicting a global contraction only abetted the heavy selling.

A Bloomberg news article that reported Buffett's remarks threw in other ex-

perts' comments about "very volatile markets" and the fact that "uncertainty reigns."

A companion piece quoted University of California, Berkeley economics professor Barry Eichengreen saying that "we are tracking 1929-30," while Moody's chief economist Mark Zandi noted, "This (economy) is going to scar the collective psyche." Kind of makes you want to look out the window to catch an apocalyptic dust storm.

These are parlous times, and even Buffett has fallen prey to business journalism's increasing sensationalism and its regular failure to provide sufficient context.

For every thoughtful voice like The New Yorker's James Surowiecki, there are multiple blusterers like CNBC's Jim Cramer, who generate

more noise than intelligent content. Like the markets and industries it covers, the business press has become evermore focused on the short rather than the long term. Too many journalists covering business stories lack sufficient expertise. And whatever the medium, the messenger too often fails to ask the right questions, skims the surface of events, and presents information mainly for dramatic effect. The headline from a late-February Globe and Mail interview with historian Niall Ferguson about his dismal financial predictions captures the style: "There will be blood."

Well, business news, like any other form, is supposed to be punchy and gripping, otherwise who would care? But these days, consumers of information really need depth and per-

spective. To get it, they need to consult as many sources as possible, and preferably those with an established record of informed comment. I'm talking the likes of The Economist or The Financial Times as opposed to a business blog. And by all means, read stories all the way through. Several paragraphs after noting the economy was over the edge, Buffett also observed that financial institutions shouldn't be so highly leveraged in the future, that Americans should wean themselves off excessive debt, and that, yes, there will be a recovery, likely with inflationary consequences. Reasonable conclusions all.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Worth Mentioning

Want to own a village?

An entire English village, complete with 22 houses and cottages, two blacksmiths and a cricket pitch, goes on sale this week.

The charitable trust which owns Linkenholt in Hampshire, southern England, has decided to sell up and use the capital it raises elsewhere.

The asking price when Linkenholt goes on the open market today is \$31-

35 million, according to Jackson-Stops & Staff estate agents who are handling the sale.

The archetypal English village is nestled in rolling countryside and boasts a manor house, old rectory and clock tower and is part of a 2,000-acre estate.

Locals, who rent their properties, are expected to stay on after the sale.

REUTERS

Metro Online Poll Results

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Rogers to name Mohamed next CEO: Report

Rogers Communications Inc. has decided to name Nadir Mohamed chief executive officer, the Globe and Mail reported. **REUTERS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Downturn hits households

Net worth drops 4.4 per cent

Canadian industries ran at a slower rate than predicted and household wealth suffered its biggest drop on record in the last quarter of 2008, according to the latest in a string of data showing the depth of the economy's downturn.

Statistics Canada said Canadian net household worth dropped by a record 4.4 per cent to \$165,300 in the fourth quarter of 2008, pushed down by the sharp decline in stock market prices.

REUTERS

It was also noted that the decline was not as severe as in the United States, where household net worth fell by nine per cent.

Separately yesterday, the capacity utilization rate — the ratio of an industry's actual output to its potential output — hit a record low of 74.7 per cent in the last quarter, pulled down by weak domestic and foreign demand for manufactured goods, Statistics Canada said yesterday.

Home resales up, but prices down

FEBRUARY Sales of existing homes in Canada rose in February from January, the first month-on-month rise since September, but prices dropped sharply, the Canadian Real Estate Association said yesterday.

Nationally, 28,669 homes were sold in February, up 8.6 per cent from the month before on a seasonally adjusted basis.

But the average home price fell 9.2 per cent to \$281,972 from \$310,379 a year earlier.

REUTERS

In brief

MARKETS Optimism over some semblance of stability in banking shares lifted stocks around the world for a fifth straight session yesterday, and took the wind out of a safety bid that had been driving gold, bonds and the dollar.

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Great News for Home Owners. It's worth a talk.

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Newly announced tax credits benefit home purchase and renovation.

The Federal Government has announced tax credits that will deliver substantial savings to consumers looking to purchase or renovate. These include a \$750 tax credit for first-time home buyers and a temporary Home Renovation Tax Credit of up to \$1,350 on eligible renovations.

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MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Last March, my family and I moved so I could begin a new job. Because of the recession, the new job did not last more than four months. I have been on Employment Insurance since and only secured another job in January. What expenses can I deduct and how much? — Liam

A The recession has firmly taken its toll in Canada. The unemployment rate in Canada has risen to a record 7.7 per cent.

Individuals who move at least 40 kilometres closer to a new workplace or business in Canada may qualify to deduct moving expenses. Full-time students who attend university or college in Canada or abroad may also qualify. Some eligible expenses you can deduct include costs associated with buying or selling a home, travel, moving and storage,

cancelling a lease, etc. Keep your receipts.

You may deduct eligible moving expenses from income at your new employment, but cannot use them against employment insurance and other income. However, unused amounts can be used in the following year to reduce other employment income. Don't lose out on deductions — speak to your tax adviser or visit CRA's website for a full list of expenses.

Q I was unable to sell my previous house when I moved to accept a new position. I carried the old residence for more than three months before selling. Is this amount deductible? What if I took a loss on the home? — Alwin

A Good news. Yes, you can deduct cost such as property taxes, interest, utilities, etc., for the previous home. Bad news: Not more than \$5,000. The loss on your home, unfortunately cannot be deducted.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

Spring cleaning: Trim back those messy bills

Locate and eradicate extra charges and billing errors

SmartCookies



Three-quarters of Canadians aged 18 to 29 review their banking or other financial statements monthly, according to a recent survey put out by the Financial Consumer Agency of Canada.

Those who do not review their statements each month gave a number of reasons why — among them the fact that they were just "too lazy."

Laziness and lack of interest when it comes to your bills could be costing you hundreds, if not thousands, of dollars every year.

Make it a must to look at every monthly bill, whether paper or electronic, even you just have a quick scan.

After doing this in the early days of our money group, one of the Smart Cookies realized she was paying a monthly fee for what was essentially credit card insurance. You too might have been sold on this type of insurance when



If you don't scrutinized your bills, you could be giving money away every month. A few dollars here and there can add up.

you first received your card.

This type of insurance is designed to protect you from outstanding credit card debt in the event of job loss, disability, critical illness or death.

Now, some people may certainly benefit from this type of insurance. Our Cookie, however, certainly did not.

What's worse, she realized that over the years she had actually paid out just under \$2,000 for this service. Had she not scrutinized her bills, she would still be giving this money away every month.

Phone bills are also notorious for having mistakes. Whether it's double charg-

ing for text messaging, charging for services that should be free, or calls you didn't make, a once-over will usually result in your finding an extra charge. And yes, you might look and say it's only a few dollars here and there, but all those little charges add up.

Customer service reps aren't going to call to tell you you're paying too much, but they will usually be helpful if you make the call and ask the questions.

Almost everyone has online banking these days. It's a quick and easy way to review your bills. And for the bills that come in to you through mail, it's important to have a designated

spot for these documents.

Pre-money group, one of the Smart Cookies kept her bills in the microwave — seriously.

Now, she has a little tote box with her own filing system to store all of her bills and financial documents. It's so easy to set up and saves her time and money.

However, try not to stuff away bills that you are going to get to in the future. Often the only time you'll remember you did this was when you receive the overdue notice in the mail!

Visit the forum at smartcookies.com for more on creative ways to cut your bills. Questions for the Smart Cookies can be emailed to smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small



What will turn the market from bear to bull? Find out at metronews.ca/investing

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This week Rick celebrates with the winners of the Spread the Net Campus Challenge.

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Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Tonight



7 p.m.
TSN/TEAM 1040

The Canucks have a chance to establish a franchise record tonight when the Stars provide the opposition for a St. Patrick's Day tilt. Vancouver has won nine straight games on home ice, matching a team record first set in 1991-92. The Canucks are 0-1-1 this season against the Stars, who enter tonight's contest having won back-to-back games.

BURR-NING HOT: Alex Burrows continues to be the toast of the town. He's scored seven goals in as many games and tallied nine times in his last eleven contests.

YO MO! Former Canuck Brendan Morrison returns to GM Place for the first time in a Stars uniform.

METRO NEWS SERVICES

Recent trends good for 'Nucks?

With just under a month until the playoffs begin, it would still be a stretch to nominate the Canucks as an elite team in the Western Conference.

But what has to be reassuring to Vancouver's faithful fans is that no team has established itself as the clear-cut favourite to win hockey's Holy Grail.

The defending Stanley Cup champs are once again atop the standings, but Detroit may have the worst goaltending of any team that qualifies for the post-season. **Chris Osgood**, who was great in last year's Cup run, has been abysmal of late, and backup Ty Conklin hasn't been much better.

Though the Wings boast the league's best talent out-

side the crease, that deadly goaltending duo makes Detroit appear much more vulnerable than a year ago. San Jose's warts have also been on display of late, as the front-running Sharks have hit their roughest patch of the season.

The trendy excuse for losing six of nine games has been the absence of goalie **Evgeni Nabokov**, but the recent lack of goal scoring is more worrisome to coach **Todd McClellan**.

San Jose's sixth-ranked offence has scored more than two goals just twice in their last eleven games, and in both of those instances the Sharks blew

three-goal leads.

Goals haven't been a problem for the Calgary Flames, unless you count the ones they've failed to prevent. Saturday's 8-6 disaster in Toronto capped off a road trip that saw the Flames allow 32 goals in seven games — 27 of those over Calgary's last five contests.

Chicago is the only other squad ahead of Vancouver in the points department, and that youth movement is stumbling as well.

The Blackhawks have lost seven of ten games, a stretch that could have been worse if not for both an overtime win and a

ToulBox

Scott
Rintoul

metronews.ca/toulbox



Grandi retires again

Veteran Canadian skier Thomas Grandi retired from ski racing for the second time in two years yesterday. The 36-year-old from Canmore, Alta., announced that he will not continue racing for the 2010 Vancouver Games, just over eight months after saying it was the Olympics that had brought him out of retirement.

METRO NEWS SERVICES

Big East headlines March Madness

NCAA The Big East conference dominated the top seeds for the NCAA Tournament, garnering three of the possible four spots as Louisville, Pittsburgh and Connecticut, along with North Carolina, were installed as the top seeds for the 2009 event.

Louisville (28-5), the reigning Big East regular-season and tourney champions, is on a 10-game winning streak. The Cardinals were selected as the overall No. 1 seed in the tournament and will play out of the Midwest Region.

The tournament begins with a play-in game tonight and the remaining 64 teams start Thursday.

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For a printable NCAA March Madness bracket, visit **metronews.ca/sports**



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Sports in brief

MLB MLB.com has reported that the Boston Red Sox have cut off contract talks with outfielder and Trail native Jason Bay. The move comes a day after Boston re-signed pitcher Jon Lester to a five-year, \$30-million US deal.

NHL A record performance by Martin Brodeur has earned the New Jersey Devils goaltender the NHL's first star of the week. Brodeur tied Patrick Roy as the league's all-time victories leader and helped the Devils post a 3-0-0 record with a 1.67 goals-against average and .943 save percentage. Olli Jokinen of the Flames and Sidney Crosby of the Penguins were named second and third stars. Brodeur can break Roy's NHL career record for wins tonight against Chicago.

NFL The Denver Broncos confirmed yesterday that quarterback Jay Cutler has asked for a trade. Cutler failed to show up for new coach Josh McDaniels's first team meeting yesterday, and is still upset that the Broncos tried to trade him for quarterback Matt Cassel last month. **METRO NEWS SERVICES**



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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Soluble: Your other fibre friend

Those who struggle with genetically high cholesterol need both types

JANINE FALCON
for Metro Canada



Brenda Strong is a long-time vegetarian and yoga instructor (an actress too — she is Mary-Alice Young on *Desperate Housewives*). Given her healthy lifestyle, Strong was shocked when a checkup revealed elevated cholesterol levels.

“My doctor told me to cut out red meat and start exercising, but I was already on top of all that,” she says.

Turns out a fibre supplement was the solution to Strong’s health dilemma. In 30 days of regular use, her cholesterol readings dropped significantly. But why? Because the supplement is a source of psyllium, a soluble fibre. Yup. Soluble.

A survey by Metamucil and Ipsos Reid suggests that 96 per cent of Canadians know that fibre is part of a healthy diet — but only 49 per cent know exactly what and how much fibre they need. Most people think they need bran and maybe some broccoli. Few, however, including those like Strong who struggle with genetically



“My doctor told me to cut out red meat and start exercising, but I was already on top of all that.”

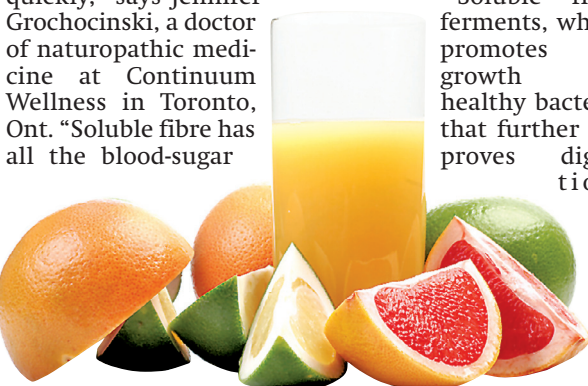
Brenda Strong, actress, vegetarian and yoga instructor

high cholesterol, know we need two types of fibre: insoluble and soluble.

“Insoluble is bulk or roughage. Largely indigestible, it ushers food through the intestinal tract efficiently and quickly,” says Jennifer Grochocinski, a doctor of naturopathic medicine at Continuum Wellness in Toronto, Ont. “Soluble fibre has all the blood-sugar

and cholesterol-lowering properties,” she says. “Combined with water it forms a gel, which helps slow digestion, so you feel fuller longer, and gives your system time to absorb nutrients.”

Soluble fibre ferments, which promotes the growth of healthy bacteria that further improves digestion.



“Fermentation also produces short-chain fatty acids which the intestine cells absorb to keep them healthy,” explains Grochocinski. “It helps lower

it produces.”

Simply put, soluble fibre does all the complex work; insoluble fibre keeps things

Insoluble fibre can be found in whole grains, cereals, vegetables and the skins of certain fruit; while soluble fibre comes from strawberries, citrus fruit, apples, legumes, flax, oats, barley and beans. Together, the two fibres can prevent high cholesterol.



cholesterol in two ways: 1) It grabs cholesterol that is released into your digestive tract with your bile and helps to transport it from your body through your bowel movements, and 2) one of the short chain fatty acids produced from the fermentation tells the liver to decrease the amount of cholesterol

moving along efficiently. “Insoluble fibre prevents waste and toxins from sitting in your system too long,” adds Grochocinski. “You don’t want the body to absorb that stuff.”

We find insoluble fibre in whole grains, cereals, vegetables and the skin of certain fruit. We can get soluble in strawberries, apples, citrus fruit, legumes, flax, oats, psyllium, barley and beans —

conveniently some of these also contain insoluble fibre. Most of us can get enough in a balanced diet. “Low-carb diets can be problematic, though,” warns Grochocinski. “Fibre is a carbohydrate, but it’s a good one.” And FYI, a balanced high-fibre diet helps control weight.

Unless we want to bloat or get gassy, we need to up intake slowly and drink two litres of water per day (try herbal or green tea if water doesn’t appeal).

ISTOCK PHOTO

Supplements

• Do we need fibre supplements such as Metamucil or Benefiber? “If you’re dealing with a medical condition, you need something with a therapeutic dosage higher than you can get through a good diet,” says Jennifer Grochocinski, a doctor of naturopathic medicine at Continuum Wellness in Toronto, Ont. “But most of the time, I just have patients add a tablespoon or two of freshly ground flax seed to their diet — cheap and effective.”



JANINE FALCON/
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Customer Testimonial - I'd heard about Morning Rise & Shine from a friend who said it gave her that needed edge so I tried it and now it's a part of my morning ritual!
G. Solomon - Winnipeg MB



Created by
RoseMarie Pierce, B.Sc.Pharm,
Holistic Pharmacist
RoseMarie is a highly respected lecturer, writer, and media personality within the natural health industry.



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Prairie Naturals

Periods: Out of the closet

The J Spot

Josey Vogels

metronews.ca/thejspot

Every woman I know has her "first-period" story. I remember coming home from school the day I got mine. I was a bit of a tomboy and everyone in our "group" expected me to get it last. My best friend Kelli got it first, no surprise, she already had boobs and hips in grade seven. I told my Mom after supper, while doing the dishes. "Guess what happened to me today," I said, brimming with the

excitement of proof that I really was a girl after all. "I got my period!"

"I don't get mine, anymore." After her eighth kid (me) her doctor had insisted on a hysterectomy. "You'll have to talk to your sister."

"Oh," I replied, that sinking feeling creeping right down into my now apparently fertile loins; I suddenly didn't feel so smug about my stained underwear.

My sister handed me a super-monster-jumbo tampon and left the room. I managed to get it in about halfway and spent the night uncomfortably shifting my butt around wondering what I'd been so excited about.

In the recently released *My Little Red Book*, 18-year-old editor Rachel Kauder

Nalebuff compiles 92 short stories by women about their first period.

It's about time our "little friend," "Aunt Flo" or whatever favourite euphemistic name you were taught to give your period came out of the closet.

It's shocking, really, that this thing that we put up with once a month for more than half of our lives (seven days X 12 months X 40 years = a lot) is still so taboo.

We may have come a little way from the days of viewing menstruating women as unclean or ill and the belief that menstrual blood was dangerous, unlucky and dirty. But I don't know how many times my moods or reactions have been written off because "it must be that time of the month" or how many times, when I'm real-

ly experiencing "that time of the month" in a bad way, I have been made to feel like I've got a convenient excuse.

I wish we'd learn to celebrate menarche, as some cultures do. A friend of mine's 10-year-old has decided she wants to have a "period party." She's already working on the guest list. I like that.

One last gripe. Who came up with the term "feminine protection" anyway? No doubt, the same people who come up with the brand names. Satin Touch? I mean, really, it makes having your period sound almost orgasmic. And the selection has become mind-boggling. Faced with a wall of wings, super-absorbency, day-time, night-time, heavy-flow, light-flow, unbleached, biodegradable, mini, maxi, super-maxi, super expen-

"It's about time our 'little friend,' 'Aunt Flo' or whatever favourite euphemistic name you were taught to give your period came out of the closet."



Why do many of us still consider menstruation a taboo topic, asks our columnist.

sive "feminine protection," it's enough to make you want to cry. Then again, it could just be PMS.

(Note to readers: Last week, I wrote that *The Bachelor* Jason changed his mind six months after agreeing to marry Melissa. It was actually six weeks.)

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Joe Fresh launches new beauty line

COSMETICS Staying true to its philosophy of offering cheap and chic, the Joe Fresh brand launched its own cosmetics line, aptly named Joe Fresh Beauty, this month.

The inaugural collec-

tion features several key makeup products, including cream foundation, pressed powder, cheek tint, fine tip liquid eyeliner, mascara, brow pencils, lipstick, moisturizing lip tints and more; all ranging in price from \$4 to \$8.

In total, the collection offers more than 60 shades for lips and eyes, including an array of neutrals and other colours suitable for women of all ages and ethnicities. For instance, foundation in liquid, cream and power forms come in nine different colours with three light, medium and dark

options to choose from.

To accompany the new cosmetics, Joe Fresh Beauty also offers brushes and other accessories such as emery boards, blotting papers, compact mirrors and manicure/tweezer kits for between \$2 and \$16.

"The approach we've used with the fashion collection translates beautifully to cosmetics," Joe Mirran, creative director for Joe Fresh Style, said in a recent statement. "We want to dress our customers from head to toe



Check out the new cheap and chic Joe Fresh Beauty products, like this cheek tint, \$4.

and that includes makeup. For us, it's always about value, style and quality."

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METRO NEWS CANADA

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WE DO BOTOX!

Twins for Sheen

Two and a Half Men star Charlie Sheen and wife Brooke Mueller Sheen welcomed twin boys Saturday night. The children, named Max and Bob, are the first for the couple, who married in May 2008. PEOPLE.COM

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Rescue Mission

Eonline.com is reporting that G.I. Joe star Channing Tatum may be rescuing pop star Rihanna in a new version of the Whitney Houston film The Bodyguard.

METRO NEWS SERVICES

Music meltdown

Artists, labels feeling pinch of recession

BRYAN BORZYKOWSKI
for Metro Canada

"I'm feeling this depression," said Montreal and New York-based musician Martha Wainwright in December, before embarking on a Canadian tour.

"No one's buying records anymore; we'll have to go back to the life of a touring artist in the '30s, where they'd sleep upright on a school bus and go from town to town."

While Wainwright might be joking about the school bus, she's dead serious about the pain the recession is causing her, and the entire music industry in general. CD sales have been dropping for years now — Canadian physical sales de-

clined 8.5 per cent in 2008 — but with more and more music fans tightening their belts, this economic downturn could spell the end of the traditional music industry as we know it.

"The recession will accelerate the demise of physical retail and it may increase peer-to-peer traffic," says New York-based analyst Aram Sinnreich. "File sharing is for people who have more time than money."

"Unfortunately, you'll see a lot more economic decisions as opposed to artistic decisions," adds Graham Stairs, vice-president of Toronto's Finkelstein Management.

That means many bands will be left in the lurch as major labels choose to go after the sure economic

"You'll see a lot more economic decisions as opposed to artistic decisions."

Graham Stairs, Finkelstein Management

bet. Stairs says one way the big labels will try to stay afloat is by reissuing albums and encouraging their already successful bands to stick to their tried and true formulas.

Another way the majors will attempt to get the most bang for their bucks is by signing artists to "360 deals," a contract which gives the label a portion of CD and ticket sales, merchandise, and whatever else makes a band money. "The legacy businesses



Musician Martha Wainwright is dead serious about the pain the recession is causing artists like her.

are going to have to reorganize around the new reality," says Sinnreich. "They'll focus on business-to-business models, converting legacy contracts to 360 deals coordinating between distribution, marketing, tech, and legal to a degree they haven't in the past."

Indie labels don't have the resources to sign artists to multi-million deals, but what they do

Riding the Recession

have is an entrepreneurial spirit that's key in any economic downturn. Stairs says many Canadian labels have had to be "mean and lean" in pre-recession days, so they're already prepared to operate on a thin budget.

Sinnreich agrees that indies are well positioned to survive a recession. "They're not stuck inside of a blockbuster economy, spending millions to make millions," he says.

Still, indie bands and labels are suffering. Stairs says that he recently had a deal fall through for one of his artists after the U.S. label president told him, "I'm taking the deal off because of the economy."

Madonna may adopt again

PEOPLE Pop star Madonna has said she may adopt another child from the poor southern African country of Malawi despite the controversy surrounding an earlier adoption.

Critics accused the government of skirting laws that ban non-residents from adopting children in Malawi, which has been badly hit by the AIDS epidemic, after Madonna took on David Banda. **REUTERS**

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Kenya Hunt

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	9	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (CC) (DVS)	CBC News: The National (N)	(:05) The Hour	
	255	358	6	JOY	E! News	The Insider	The Biggest Loser	The contestants head home for a week. (N)	Dr. 90210 (CC)	News (N)	Metropia	
	254	-	8	M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition	News: Cantonese Edition	Omni News: Punjabi Edition	Law & Order: SVU	News (N)	
	250	321	9	CTV	etalk (CC)	Hollywood	American Idol	Finalists compete. (CC)	Poltergeist: The Legacy	Scrubs (CC)	The Search	New Day
	-	-	10	OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		90210 "Help Me, Rhonda"	Project Runway Canada	News (N)	
	252	336	11	GTV	Entertainment	ET Canada	NCIS "Knockout" (N) (CC)		90210 "Help Me, Rhonda"	(:01) Without a Trace (N)	News (CC)	
	256	389	12	VI	Instant Star	TMZ (N) (CC)	Dancing With the Stars (N)		Scrub (CC)	Friends (CC)	Primetime: What Would	The List
	253	359	13	CITY	Law & Order: SVU		Privileged (CC)		90210 "Help Me, Rhonda"	Seinfeld	Seinfeld	Frasier (CC)
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Reaper "The Sweet Science"		NCIS "Knockout" (N) (CC)	90210 "Help Me, Rhonda"	(:01) Without a Trace (N)	News (N)
	289	381	15	CBS	Entertainment	The Insider	The Biggest Loser	The contestants head home for a week. (N)	How to Look Good Naked	Style by Jury	Style by Jury	How to Look Good Naked
	287	379	16	NBC	Evening Mag.	Inside Edition	How to Look Good Naked		Dancing With the Stars (N)	Dancing With the Stars (CC)	Primetime: What Would	KOMO 4 News
	602	568	17	W	Will & Grace	Friends (CC)	Sleepover ** (2004, Comedy)	Alexa Vega, Mika Boorem.	King	Still Standing		Scrubs (CC)
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Command Performance		American Idol	Finalists compete. (Same-day Tape) (CC)	News (N) (CC)	Family Guy
	-	-	22	KVOS	M*A*S*H	Seinfeld	With Purpose: Going From Success to Significance		American Soundtrack: Doo Wop's	The Insider	Entertainment	Skin Secrets
	291	383	27	PBS	Tough Times-Financial Crisis		Punk'd (CC)	South Park	Cheers (CC)	Half & Half	KTLL Prime News (CC)	Friends (CC)
	290	382	28	FOX	Two/Half Men	Two/Half Men	Reaper "The Sweet Science"		90210 "Help Me, Rhonda"	KTLL Prime News (CC)	Friends (CC)	My Wife-Kids
	-	364	29	PBS	(6:30) Alone in the Wilderness		WGN News	Reaper "The Sweet Science"	90210 "Help Me, Rhonda"	Friends (CC)		Odd Couple
	296	654	30	SBK	Frasier (CC)	Frasier (CC)	Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Bring Wall St	Frasier (CC)
	298	653	31	TLA	Two/Half Men	Two/Half Men	PIX News at Ten Tong. (N)		Late Show-Letterman	Late Late Show	Will & Grace	Seinfeld
	295	651	32	WGN	NBA Basketball		News (N)	News				
	297	652	33	WPX	PIX News at Ten Tong. (N)		News (N)	News				
	199	311	34	STR	News (N)	News						
news	502	390	25	NW	Homo Toxicus (CC)		CBC News: The National (N)		CBC News: The National	Homo Toxicus (CC)		National
	500	500	26	CNN	Anderson Cooper 360 (CC)		CBC News: The National (N)		Larry King Live	Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Sportsnet Connected (Live)		Baseball World Classic -- Teams TBA. From PETCO Park in San Diego. (Live)		SportsCentre	Billiards 2008 Mosconi Cup.		SportsCentre
	400	400	23	TSN	NHL Hockey Dallas Stars at Vancouver Canucks. (Live) (CC)		Survivorman (CC)		Mantracker "Bruce & Sabrina"	Dog the Bounty Hunter (CC)		Survivorman
	411	457	24	OLN	Dog the Bounty Hunter (CC)		Hardcore Hockey Talk		Poker 888.com UK Open.	Final Score	Final Score	Final Score
	410	403	25	SCR	Score Tonight		Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!
	417	406	26	SC	Hot Import	Hot Import	Gol TV News		Hallo Bundesliga	Paid Program	Gol TV News	Gol TV News
	416	409	27	GLF	Fútbol Colombiano		Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "The Spins"	Mystery Hnt.
family	552	543	28	YTV	Adrenaline	Prank Patrol	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad
	555	545	29	TEL	Totally Spies	Total Drama	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House
	557	541	30	FAM	Wizards-Place	Han. Montana	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin
	553	546	31	TRE	Comfy Couch	Zigby	Gardens	Recreat. Eden	New York: A Documentary Film	(N) (CC) (DVS)	Belfast Girls (CC)	Mother
cable variety	268	354	32	KNO	Gardens	Recreat. Eden	Hope & Faith	Hope & Faith	Hollywood	Thinking	Home Imp.	Home Imp.
	575	583	33	CMT	Hope & Faith	Hope & Faith	Degrassi: TNG	Instant Star	The Shift		Redemption	Technical Diff.
	570	580	34	MM	Degrassi: TNG	Instant Star	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.
	600	564	35	H&G	Colin & Justin's Home Heist		The First 48 Cabdriver. (CC)		Manhunters	Manhunters	The First 48 (CC)	
	615	520	36	A&E	The First 48 Cabdriver. (CC)		DEA "Drug Dealing Deli" (N)		Real Vice	Real Vice	CSI: NY "A Man a Mile"	
	628	584	37	SPKE	DEA "Drug Dealing Deli" (N)		Toddler's & Tiaras (N) (CC)		17 Kids-Count	17 Kids-Count	Disorderly Conduct: Video	
	521	560	38	TLC	Toddler's & Tiaras (N) (CC)		The Outer Limits (CC)		Mutant X (CC)		Testees (CC)	Trailer Park
	616	522	39	SHO	The Outer Limits (CC)		Celtic Tenors	Irish Music	Law & Order "Seer" (CC)		Without a Trace (CC)	
	620	523	40	BVO	Celtic Tenors	Irish Music	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC	
	601	562	41	SLC	Rich Bride, Poor Bride (CC)		Combat School (N) (CC)		Daily Planet (CC)		Destroyed	Time Warp
	520	505	42	DIS	Combat School (N) (CC)		NCIS "See No Evil" (CC)		Sandhogs (CC)		Crime Stories (CC)	
	522	506	43	HIS	NCIS "See No Evil" (CC)		Star Trek: Next Gen.		Star Trek: Next Gen.		Star Trek: Voyager (CC)	
	627	528	44	SPC	(:05) Destination Truth (N)		The Office	The Office	Sex and-City	Sex and-City	Unfaithful *** (2002, Drama)	(PA) Richard Gere, Diane Lane. (CC)
	294	650	45	TBS	The Office	The Office	Vanity	Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy
	619	525	46	TROP	Vanity	Tube Tales	Good Eats	Good Eats	Iron Chef America (CC)		Challenge (CC)	
	603	561	47	FN	Good Eats	Good Eats	Air Farce	Just for Laughs (CC)	Corner Gas		The Simpsons	South Park
	626	547	48	COM	Air Farce	Just for Laughs (CC)	(6:00) Silk * (2007) (CC)		Art of War II: Betrayal (2008) Wesley Snipes.	(:45) Never Back Down * (2008, Action) Djimon Hounsou.		
	320	621	49	CEN	(6:00) Silk * (2007) (CC)		From G's to Gents (CC)		MTV Live	After	Fantasy Fact.	Nitro Circus
	581	566	50	MTV	From G's to Gents (CC)		I Prophecy	Supernatural	Poltergeist: The Legacy		Born Free *** (1966) Virginia McKenna, Bill Travers. (CC)	
	261	394	51	V	I Prophecy	Supernatural	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx
	-	-	52	MUL	Eight Heroes	Mom's-Upset					Schauplatz	Euro. Journal

critics'corner

Law & Order: Special Victims Unit
An investigation by Detectives Benson and Stabler (Mariska Hargitay, Chris Meloni) into three murders leads them to a strip club owned by former Rockette Birdie Sulloway (Emmy winner Carol Burnett). Birdie and her nephew, Chet (guest star Matthew Lillard), try to help with the case, but the detectives soon discover a vigilante with a violent past. Richard Belzer also stars in the new episode "Ballerina." 10 PM on CTV, NBC



To Dublin With Love
The musical and cultural ties between Ireland and Newfoundland inform this special from 2007. Director Barbara Doran travels to Dublin with 12 performers and fans for the 20th anniversary of the March Hare — a series of musical and literary celebrations founded by the late poet Al Pittman. Participants include Michael Crummey, Joel Hynes, Ron Hynes, Lisa Moore and Pamela Moran. 5 PM on BVO



Liz Hurley's marriage is under strain, femalefirst.co.uk reports. The model-and-actress' husband Arun Nayar — whom she wed two years ago — is reportedly frustrated with her refusal to compromise on any joint decisions. **METRO NEWS SERVICES**

Hurley's marriage at risk?

Celebrity Buzz

Spellings wage book battle

PEOPLE Tori Spelling and her mother, Candy Spelling, are at it again.

The famously feuding pair are reportedly taking their fight to the publishing world, as both have book projects set to come out in the coming weeks.

A source tells the New York Post that St. Martin's Press moved the release of Candy's *Stories from Candyland* book up from April 14 to March 31, after hearing the publication date for Tori's book was moved to April 14.

METRO NEWS SERVICES

Drew, Justin play tonsil hockey?

RELATIONSHIP Drew Barrymore and her on-again, off-again beau, Justin Long, may very well be on again.

The *He's Just Not That Into You* co-stars were spotted playing tonsil hockey over the weekend at a Hollywood hotspot, according to Page Six.

"Drew and Justin were at Bar Marmont, drinking beers and making out at a corner table," an eyewitness says. "They left together around 11."

METRO NEWS SERVICES

Hot pants land Lady GaGa in hot water

PEOPLE Lady GaGa is in trouble with police over her skimpy outfits, femalefirst.co.uk reports.

The singer — who is famous for her outrageous and revealing



ensembles — keeps getting stopped by officers who believe her flesh-flashing clothes could offend members of the public.

The blond beauty was recently

stopped in Chicago while she was wearing a pair of tiny hotpants, the website says.

The singer explained: "I guess they weren't really pants at all. But it was really funny because all you saw was this half-naked

girl on the street yelling at some cop, 'It's fashion! I'm an artist!' It was fun."

She said: "It's not that I don't like pants, I just choose not to wear them some days. I think no-pants is sexy."

METRO NEWS SERVICES

Britney on short leash

PEOPLE Britney Spears has been ordered to read the Bible for an hour a day, femalefirst.co.uk reports.

The *Womanizer* singer's father Jamie — who as co-conservator of her estate has full control of Spear's affairs — has issued the star with a string of rules to ensure she doesn't go off the rails on her *The Circus* tour.

A source said: "Jamie is determined nothing can go wrong with Britney's comeback. He's



making sure she reads the Bible for at least an hour during her quiet time before she goes on stage and has banned her from using the Internet. He is even monitoring what she eats by insisting on none of her beloved junk food on the rider.

"He's stopping her from leaving her hotel unless accompanied by a security guard and

even though she gets on much better with her ex-husband, Kevin Federline, she isn't allowed to speak to him without Jamie or her manager there."

Despite Jamie's strict orders, it seems as if his daughter has already found a way to flout his rules.

Fans at her show in New York last week reported that the 27-year-old star had a roll of fat hanging over her skimpy belly-dancer costume.

One fan said: "Britney moves around loads on stage but she's clearly carrying extra weight — perhaps someone should think about altering her costumes."

METRO NEWS SERVICES

Lindsay off the hook

LEGAL An arrest warrant for actress Lindsay Lohan was quashed Monday after a Beverly Hills judge ruled she had not violated her probation for a 2007 drunken driving conviction.

The \$50,000 warrant was issued by the Beverly Hills Superior Court late Friday but Lohan's lawyer said over the weekend it stemmed from a misunderstanding.

Lohan, 22, spent 84 minutes behind bars in Novem-



ber 2007 for a drunken driving and cocaine possession conviction after two arrests earlier that year.

The actress was also ordered to enroll in an alcohol education program.

Lohan's lawyer submitted proof of the actress's compliance with the order at yesterday's brief hearing and the Beverly Hills Superior Court quashed the arrest warrant.

Lohan did not attend yesterday's hearing. **REUTERS**

Growing old hard on the body: Matt

PEOPLE Matt Damon struggles to cope with filming action scenes now that he is getting older, femalefirst.co.uk reports.

The actor says he hopes to shoot a fourth movie in the *Bourne* series, but admits he finds it harder to recover from filming physical stunts.

He said: "We're working on *Bourne 4* ... When I did the

first movie, I was 29 years old. I am 37 now, and after a tough fighting scene, the next day you wake up and feel your body more. That's just the way it is."

METRO NEWS SERVICES



Gisele brings Tom home

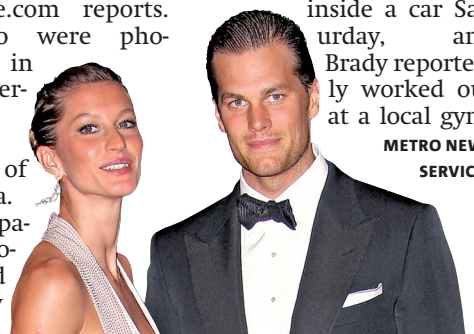
PEOPLE Gisele Bündchen brought husband Tom Brady home to visit her family over the weekend, usmagazine.com reports.

The two were photographed in the super-model's Brazilian hometown of Horizontina. Local newspaper *Zero Hora* reported that they

were there for her grandfather's 83rd birthday.

The newlyweds were snapped eating ice cream inside a car Saturday, and Brady reportedly worked out at a local gym.

METRO NEWS SERVICES



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